

Mountaineer

Vol. 62, No. 27

Published in the interest of the 7th Infantry Division and Fort Carson community
Visit the Fort Carson Web site at www.carson.army.mil

July 9, 2004

Four Soldiers to face charges in drowning death

Courtesy of

4th Infantry Division Public Affairs

Court-martial charges have been preferred against four Soldiers assigned to 1st Battalion, 8th Infantry Regiment, 3rd Brigade Combat Team, 4th Infantry Division at Fort Carson.

The charges stem from an alleged incident where an Iraqi detainee drowned and another was assaulted in the vicinity of the Tigris River Jan. 3, 2004, in the city of Samarra, Iraq.

1st Lt. Jack M. Saville and Sgt. 1st Class Tracy E. Perkins were formally charged June 7 with manslaughter,

assault, conspiracy, false statements and obstruction of justice.

Sgt. Reggie Martinez and Spc. Terry Bowman were charged June 28. Martinez is charged with manslaughter and Bowman is charged with assault. Both are also charged with making a false official statement.

The 3rd BCT commander appointed an investigating officer to conduct a pre-trial investigation also known as an Article 32 investigation. The pre-trial investigation for all four accused soldiers will be at Fort Carson.

The hearing date is pending.

Carson units receive deployment orders

Courtesy Fort Carson Public Affairs Office

About 7,000 Fort Carson Soldiers will deploy to the U.S. Central Command area of responsibility over the next three to eight months to support on-going operations in the Middle East. U. S. Forces Command has issued orders to the following units:

- 3rd Armored Cavalry Regiment
- 571st Medical Company (Air Ambulance)
- Headquarters and Headquarters Company, 43rd Area Support Group
- Headquarters and Headquarters Detachment, 68th Corps Support Battalion
- 183rd Ordnance Company, Maintenance
- 360th Transportation Company
- 2nd Transportation Company
- 2nd Medical Team
- 59th Quarter Master Company

The United States is repositioning some of its military forces where required to prepare for and support the president's campaign against terrorism and to support efforts to identify, locate, and hold accountable terrorists and those who support and harbor them.

Redeployment for about 15,000 Fort Carson Soldiers was completed in May following yearlong deployments in support of Operation Iraqi Freedom.



Photo by Pfc. Clint Stein

Saddle up ...

David Wagner keeps a close eye on his son David Wagner Jr. as he rides a horse for the first time. Horse rides were available for several hours during the July Fourth celebration at Ironhorse Park. All of the activities offered Sunday were free of charge.

Troops get reimbursed for deployment travel

by Joe Burlas

Army News Service

WASHINGTON — Thousands of troops who participated in the early phases of Central Command's Rest and Recuperation Program last year may soon see some extra money in their wallets.

About 32,000 Soldiers who arrived at the Baltimore-Washington International Airport in Largo, Md., or the Frankfurt Airport, in Germany, on daily military contract flights between Sept. 26 and Dec. 18 now qualify for reimbursement of out-of-pocket travel airline costs to and from their R&R leave addresses.

When the first R&R military contract

flight departed Kuwait City Sept. 25, about 250 Soldiers traveled free of charge either to Frankfurt or BWI. However, they were responsible to pay for "onward travel" costs to and from their leave addresses.

With the urging of Congress, the Department of Defense approved implementing instructions to cover onward travel costs for R&R Soldiers in early December with an effective date of Dec. 19. Wording of the implementing instructions did not allow retroactive onward travel reimbursements for Soldiers who

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Feature



The Fourth of July was celebrated in fine fashion at Ironhorse Park.

See Pages 18 and 19.

Happenings



The Renaissance Festival continues weekends through Aug. 1 at the village at Larkspur.

See Pages 23 and 24.

Outdoor pool

The outdoor swimming pool is open daily from 10 a.m. to 5:45 p.m. Admission is \$3 for adults, \$1.50 from 3 to 12; ages 2 and under are free. Family night is Thursdays, 6 to 8 p.m., \$4 per family.

Post Weather hotline:

526-0096

Contrary to news reports ...

Most Iraqis appreciate U.S. help

by Bonnie Murphy
Army News Service

BALAD, Iraq — I'm appalled at the "news" as it's reported from Iraq.

Just as disturbing is the lack of knowledge a lot of people have about what's really going on, why we're there, and what it's really like. I'd like to set the record straight.

My job as an environmentalist is primarily the protection of the environment and the disposal of Department of Defense-generated hazardous wastes. I volunteered to go to Iraq, and last December I was selected to set up the first disposal operations in the forward deployed area.

I have been stationed at Balad Air Base, LSA Anaconda, since Dec. 28. On several occasions, my work has taken me to Baghdad. I extended my initial tour from 120 days to 155 days, and June 7 I went back to Baghdad for six more months.

Ninety-five percent of the Iraqi people want us there; it's only a handful of insurgents with weapons who are attacking our bases, convoys and troops. The older generations say that although they may never see the freedoms we're trying to bring to their country, they know their children will enjoy the rights that we take for grant-

ed in this country.

I've had the opportunity to meet and speak with day laborers coming on Anaconda. They are grateful for the work and pay they receive. Men have taken my hand with tear-filled eyes and thanked me because they can now provide for their families — something they couldn't do when Saddam was in power. I've met engineers, pilots and well-educated men who, for the first time since Saddam took office, are returning from self-imposed exile to their homeland and are able to find work on our many U.S. bases.

Before I left Balad, I was able to coordinate the donation of \$3,500 of hospital disinfectant and dental amalgam to the local hospital from the DRMS inventory of excess property. Our Balad team of doctors and medics make regular scheduled visits to the surrounding communities to provide medical care and assistance to the people and teach new technologies to Iraqi medical personnel.

People are being taught field sanitation and hand-washing techniques to prevent the spread of germs. About 400,000 children have now received up-to-date immunizations. And 100 percent of the existing hospitals are now open and staffed, compared to 35

percent before the war.

On behalf of my organization, the Defense Logistics Agency, and its partner, Army Materiel Command, we're sponsoring a local secondary school. We've received \$65,500 of Saddam's money to completely rebuild the school. Our school is only one of 11 schools being sponsored by different units on LSA Anaconda. School attendance is up 80 percent, and for the first time girls are allowed to attend classes.

Our facility engineers and Seabees are rebuilding outdated sewer lines and constructing a new water treatment plant that will serve the entire area. This is being done in every major city. More than 4.5 million people have clean drinking water for the first time.

We're updating and constructing new power plants throughout the country. Now the entire populace receives twice the electric power it did before the war. More than 400,000 people have telephone service for the first time.

The port of Uhm Qasar was renovated so grain can be off loaded from ships faster. Farmers are being educated on better methods and new technologies are being introduced. Local contractors working on our bases are, for the first time, able to receive lubri-

cant oils, and hydraulic and brake fluids for their equipment.

The newly formed Iraqi Civil Defense Force trains on LSA Anaconda. The teams work and learn side by side with our Soldiers. They are proud to be learning from us and eager to help in the battle against the handful of insurgents making life miserable in Iraq. Every day our troops are finding buried weapons and chemicals that must be disposed of. The dangerous chemicals pose a threat to the environment, health and safety of not only the Iraqi people but the world if they were to come into the wrong hands.

I've met some wonderful Soldiers serving in Iraq. As a nation, we should all be proud and supportive of the mission, Operation Iraqi Freedom.

I believe in my job, my country, and I want my grandchildren to always be able to enjoy their freedoms. That's why I'm going back.

Editor's note: Bonnie Murphy is a Defense Reutilization and Marketing Service employee who volunteered to go to Iraq in December. She recently decided to extend her tour in Iraq until January. At the time she wrote this commentary, she was home on leave in Florida attending her daughter's high school graduation.

Encouragement

EO's word of the month for July

Sgt. 1st Class Ronny Phillips
3rd Brigade Combat Team
Equal Opportunity Advisor

The word of the month for July is, "Encouragement."

Webster's dictionary defines encouragement as; "to give courage or confidence to; to raise the hopes of." When I think of the word "Encouragement," I think of encouraging a child when they take their first steps, or when they get on a bicycle for the first time.

What about a servicemember, the spouse of a servicemember, or the children of servicemembers? They all need encouragement, too.

Servicemembers need encouragement because he or she is more than likely doing a job they have never done before, in a place they have never been before, with people they have never worked with before. This can lead to stress and an encouraging word from a supervi-

sor/coworker or spouse can do a lot to defuse that stress.

The spouse at times also needs an encouraging word from the servicemember that he or she is doing a good job supporting the servicemember and taking care of the family in his or her absence.

Children need encouragement from the servicemember and the spouse that their homelife will not change regardless of where the servicemember is stationed, or whether or not the parent is deployed.

Even an encouraging word or action by a leader can change a servicemember's job performance. An encouraging word from a supervisor can make a servicemember excel, even during the most adverse conditions.

Whether a child, a spouse or a servicemember, we all need an encouraging word at times to endure the rigors of life in the military.

PT uniforms not allowed in many areas around post

A notice has been put out by the post command sergeant major notifying Soldiers that the wear of the Army Physical Fitness Uniforms is not allowed in many on-post establishments.

The APFT uniform is not to be worn in the following places:

- PX, Mini Mall and all establishments within Commissary
- Kentucky Fried Chicken
- Burger King
- Armed Forces Bank
- Security Services Credit Union
- Xtremes and all establishments within Fort Carson Library
- Class VI
- Post Office

Each facility will have a sign posted to inform patrons that APFT uniforms are not to be worn within. Enforcement of the policy will be the responsibility of each establishment.

MOUNTAINEER

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This commercial enterprise newspaper is an authorized publication for members of the U.S. Army. Contents of the *Mountaineer* are not necessarily the official view of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, or Fort Carson. It is published weekly, using photo-offset reproduction (or other printing process) by the Public Affairs Office, Fort Carson, CO 80913-5119. Tel.: (719) 526-4144. The e-mail address is mountaineeredit@fortcarson.army.mil. Printed circulation: 12,000 copies.

The *Mountaineer* is an unofficial publication authorized by AR 360-1. Editorial content is prepared, edited, and provided by the Public Affairs Office of Fort Carson. The *Mountaineer* is printed by Gowdy Printcraft Press, Inc., a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Carson. The appearance of advertising in this publication,

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All correspondence or queries regarding advertising and subscriptions should be directed to Gowdy Printcraft Press, Inc., 22 North Sierra Madre, Colorado Springs, CO 80903, phone (719) 634-1593. The *Mountaineer's* editorial content is

edited, prepared and provided by the Public Affairs Office, building 1550, room 2180, Fort Carson, CO 80913-5119, phone (719) 526-4144.

Releases from outside sources are so indicated. Army News Service releases are received from Headquarters, Department of the Army. The deadline for submissions to the *Mountaineer* is close of business the Friday before the issue the submission will appear in. The *Mountaineer* staff reserves the right to edit the submissions for newspaper style, clarity and typographical errors.

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News

Army to call up 5,600 IRR Soldiers

by Joe Burlas
Army News Service

WASHINGTON — The Army plans to order 5,600 Soldier in the Individual Ready Reserve to active duty for possible deployment with the next Operations Iraqi Freedom and Enduring Freedom rotations.

Mailgrams notifying those Soldiers to expect mobilization orders within a week could hit their mailboxes as early as Tuesday, according to officials who announced the measure in Pentagon press briefing June 30.

Those Soldiers called up will have 30 days from the date the orders were issued to take care of personal business before having to report to a mobilization site, officials said. The orders call for 18 months of active duty, but that could be extended for a total of 24 months if needed, they said.

The IRR call-up does not impact retired Soldiers, contrary to several civilian media reports on the subject that appeared on television and newspapers June 29 and 30.

"We're dipping into an available manpower pool," said Robert Smiley, principal assistant for Training, Readiness and Mobilization, Office of the Assistant Secretary of the Army for Manpower and Reserve Affairs. "This is just good personnel management."

The IRR primarily consists of Soldiers who have served their contracted time on active duty or in an Army Reserve Troop Program Unit, but still have a military service obligation to fulfill, said Col. Debra Cook, commander for Human Resources Command — St. Louis, the Reserve's personnel management center.

Congress mandates under Title 10 of the U.S. Code that all services have an IRR.

Every Soldier, enlisted or commissioned, has an eight-year military service obligation when he or she joins the Army, Cook said. Often, that commitment is divided between active duty or a TPU assignment and the IRR.

"You might have one Soldier sign up for four years on active duty, who then has a four-year IRR commitment, and another Soldier who signs up to serve with a Ready Reserve unit for six years and two years in the IRR — both have IRR commitments to meet their military service obligations," Cook said. "The enlistment contract spells out exactly what the division is between how long they serve on active duty or a Ready Reserve unit and how long in the IRR."

This is not the first time the Army has used the IRR to fill its manpower needs. During the Gulf War, more than 20,000 IRR Soldiers were mobilized and

deployed. Since the terrorist attacks of Sept. 11, 2001, the Army has called up more than 2,500 IRR Soldiers — the majority through IRR volunteers, though some have been involuntary call-ups.

The main purpose of this IRR call-up is to fill personnel shortfalls in a number of Army Reserve and National Guard units that have been tagged to deploy overseas as part of the OIF 3 and OEF 6 rotations planned for late fall, Smiley said. Many of the personnel shortfalls are for Soldiers already assigned to the deploying units who are not deployable due to medical, family or legal issues, he said.

The actual mobilization and deployment requirement is for about 4,400 Soldiers, but personnel officials expect to find some of the IRR Soldiers with similar medical, family and legal issues that may keep them from being deployable.

Historically speaking, the Army needs to mobilize about 13 IRR Soldiers to get 10 deployable Soldiers, said Raymond Robinson, G-1 chief of Operations.

The called-up IRR Soldiers will spend about 30 days at a mobilization installation, getting checks to see if they are qualified for deployment, getting individual weapons qualification, conducting Common Task Testing and receiving training in a number of warrior tasks that reflect the realities of today's oper-

R&R travel

From Page 1

traveled on R&R prior to Dec. 19. A change to those instructions to pay back additional travel costs of the early R&R Soldiers was approved in mid-June.

Of the \$55 million Congress allotted CENTCOM to use for onward travel, Lt. Col. Bobbie Sanders, deputy chief for G-1's R&R Task Force, told reporters in a June 29 Pentagon briefing that officials estimate R&R reimbursements for the missed group of Soldiers will cost \$13 to \$19 million.

The Army is using a variety of means to inform Soldiers eligible for the reimbursement about how to apply for it, including internal and civilian media news stories, a statement directing R&R Soldiers to review a G1 Well Being Web site, an Army Knowledge Online mass e-mail, and in the cases of recently discharged Soldiers, letters to last known home-of-record addresses.

The Army knows the names of each of the 32,000 Soldiers eligible for the R&R travel reimbursement, Sanders said.

Soldiers eligible for reimbursement should file a claim through their servicing finance office. Eligible discharged Soldiers should file a claim directly through the Defense Finance and Accounting Service, via e-mail,

dfas-inr&rleave@dfas.mil, or regular mail, DFAS-IN, Contingency Travel Operations, Department 3900, ATTN:R&R Leave, 8899 East 56th Street, Indianapolis, IN 46249-3900.

Travel claim documentation should include:

- A completed Department of Defense Form 1351-2, Travel Voucher.
- A copy of leave documentation (Department of the Army Form 31 or R&R leave order) containing a fund cite.
- A copy of the airline ticket, ticket receipt or airline travel itinerary that shows the Soldier — not an Army fund cite — paid for the ticket.

Soldiers who no longer have copies of their airline ticket or ticket receipt are encouraged to contact the airlines from which they bought their onward travel connecting flight tickets.

Soldiers who have lost copies and are unable to get other copies of required documentation can submit a lost documentation statement with their travel voucher. That statement must contain the eligible Soldier's name, Social Security number, leave dates, the name of the onward travel airline used, final destination airport name and the cost of the ticket.

For more information on the CENTCOM R&R Program, visit www.armyg1.army.mil/wellbeing/rleave/index.htm.

IRR

From Page 3

ating environment, including how to recognize an improvised explosive devise and reacting to an ambush.

Those who do not pass the readiness muster at the mobilization installation for reasons including anything from medical and legal reasons to physical challenges may be disqualified and sent home, Robinson said. Those who pass the muster will be sent on to military occupational specialty schools to get refresher training, normally lasting between two to four weeks. The final stop is joining the deploying unit at least 30 days before deployment for collective training as a unit.

While the specific jobs the called-up Soldiers will fill are varied, Cook said the heaviest requirements include truck drivers, mechanics, logistics personnel and administrative specialists.

"We will not deploy any Soldier who is not trained or ready," said Bernard Oliphant, deputy for the Army Operations Center's Mobilization Division, G3.

As of June 22, the IRR contained slightly more than 111,000 Soldiers.

Military

Fort Carson adds digital training aid



Photo by Spc. Zach Mott

1st Lt. Mike O'Halloran, a platoon leader from Company D, 1st Squadron, 3rd Armored Cavalry Regiment, sights a target at the Engagement Skills Training facility on post.

**by Spc. Zach Mott
Mountaineer staff**

Early mornings in the Army are typically reserved for intense physical training sessions, alert formations and weapons draw.

One of Fort Carson's newest facilities aims to strike that last morning staple from the list. The Engagement Skills Training center, located steps away from most of the installation's motor pools, is the latest training tool that allows Soldiers to fire true-to-life small arms weapons without the hassle of going to a live-fire range.

"In an hour, we can come in here and do what we can do at a range in a whole day," said 1st Lt. Mike O'Halloran, a platoon leader from Company D, 1st Squadron, 3rd Armored Cavalry Regiment. "You can use (the extra) time more effectively. You've still got three-quarters of the day to do more tasks."

O'Halloran and other Soldiers from Company D were using the facility in place of going to an M-16 qualification range. The troops fired M-16s that have been converted to fire an electronic shot instead of live ammunition.

"All of the simulations in this building are computerized," said Willie McGoughey, the facility manager and training instructor from the training support team's training simulation section. "It's less expensive. You don't have to worry about taking food

downrange, no gas, no lost time."

The EST is in building 1698, which is one block east of Magrath Avenue on Prussman Boulevard.

"We're located in the area right where the Soldiers are located," McGoughey said. "Some of them even walked here today."

In addition to the convenience the EST provides, it is also a place where fire direction teams can train as well as military police.

At the rifle range part of the facility there are three scenarios McGoughey, or other qualified trainers, can load. There is a marksmanship phase that includes zeroing, shot grouping, record fire and practice record fire.

The second scenario is squad-based tactics training. This allows a group of up to 10 Soldiers to progress through offensive, defensive, air attack and destroying bunker maneuvers under the direction of a squad leader. McGoughey said he could change the specifics of the training as well. He can control vehicle movement to the time of day and weather.

"(The EST in a good trainer because) with the multiple different kind of scenarios they offer — in the morning you can do grouping, zeroing and qualification and in the afternoon you can have the squad go through and do a fire drill," said Capt. Wade

See EST, Page 7

Military Briefs

Misc.

Enlistment bonus — If you were deployed in Iraq, Kuwait or Afghanistan, you may be entitled to a lump sum reenlistment bonus of \$5,000. Effective April 13, the Army announced a retroactive bonus to qualified Soldiers that reenlisted from March 18, 2003, to Sept. 18, 2003.

Also effective May 18, the Army announced a new listing of Selective Reenlistment Bonus and Targeted SRB Program. Under this new message, qualified Soldiers may be eligible for a lump sum bonus of up to \$10,000.

To see if you were qualified, please see your local Career Counselor:

3rd ACR — 526-3417

3rd BCT — 526-4549

43rd ASG — 526-9366

Division troops — 526-3983.

Officer Candidate School Board

— There will be an Officer Candidate School board Nov. 17 and 18. All participants must report in Class As. All packets must be turned in to the 502nd Personnel Support Battalion, building 1118, room 208, no later than Nov. 4. For more information, call Spc. Samantha Lamping at 526-6481.

Warrant officer recruiting — The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors and Airman to fill its warrant officer ranks.

Positions are open in all 45 specialties if you qualify.

Applicants with less than 12 years active federal service are encouraged to apply.

For more information, contact the Warrant Officer Recruiting Team at www.usarec.army.mil/warrant or call

(502) 626-0484.

U.S. Military Academy positions available — The U.S. Military Academy at West Point is looking for branch-qualified company grade officers and non-commissioned officers in the rank of sergeant first class interested in an assignment to the USMA. NCOs should have drill sergeant or platoon sergeant experience with 12 to 15 years of service to be assigned to the staff and faculty as instructors and company tactical NCOs.

Selected officers will normally attend advanced civil schooling for up to two years followed by a three-year tour at West Point.

For application information, go to <http://www.usma.army.mil/adjutantgeneral> or write to Management Operations Branch, AG Division, West Point, N.Y. 10996-1926.

Special Forces briefings — Special Forces briefings will be conducted weekly at the Grant Library. The briefing times are Wednesdays at 1:30 p.m. and Thursdays at 1:30 and 3:30 p.m.

The Army's Special Forces is a strategic, multi-purpose force capable of rapid response to various contingencies around the world. Called "Green Berets," these highly-skilled Soldiers are trained in unconventional warfare, foreign internal defense, direct action, special reconnaissance, combating terrorism, information operations and counter proliferation.

Special Forces candidates must be mature and self-motivated; open and humble; and better conditioned physically and emotionally than the average Soldier. All interested male Soldiers, privates first class to staff sergeants, and second and first lieutenants are encouraged to attend. For more information, contact Sgt. 1st Class Bill Roepe at 524-1461.

CIF Hours

Central Issue Facility hours of operation:

Regular business hours

Mondays, Tuesdays, Wednesdays and Thursdays from 7:30 a.m. to noon and 12:30 to 3 p.m. and Fridays from 7:30 a.m. to noon.

Initial/partial issues

Mondays, Thursdays and Fridays from 8 to 11:30 a.m. and 12:30 to 3 p.m. and Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Direct exchange

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Partial turn-ins

Mondays, Tuesdays, Wednesdays and

Thursdays from 12:30 to 3 p.m.

Full turn-ins

Appointments are scheduled Mondays, Tuesdays, Wednesdays and Thursdays, call 526-3321.

Effective immediately: Replacement will be scheduled Monday, Thursday and Friday mornings. Demobilized units tentatively have Tuesdays and Wednesdays to schedule out processing. Mobilization units will schedule unit direct exchange by appointment. Unit supply sergeants will collect Soldiers' DX items and schedule CIF appointments. A CIF employee will work one-on-one with a supply sergeant.

Active-duty units — Permanent

Change of Station/End of Time in Service/chapters/retirees will make an initial out processing appointment Mondays, Tuesdays, Wednesdays and Fridays for turn-in. All follow-on appointments (14 OCIE items or less) will be scheduled if needed.

Bulk issue and turn-ins — by appointment only.

Appointments can be made with

Kristine Harald at 526-3321. POC for this information is Frank Howard, CIF supervisor at 526-6477.

Laundry Service

Post Laundry Service — The post laundry service provides free laundry service to Soldiers for government-owned property only. Items issued by the Central Issue Facility should be cleaned at the post laundry prior to turn in. Allow extra time for items to return from the cleaners. It is not recommended to pick up your equipment on the same day as the scheduled CIF appointment. Turn around for service is 72 hours.

No appointment is necessary. The post laundry will not clean personal items like Battle Dress Uniforms, boots, tent pegs, canteens, entrenching tools or wet-weather gear. Material TA-50 items that can be washed include: sleeping bag assembly, chemical suits, Gortex, ruck sacks, coveralls, CVC jackets and most web equipment.

Hours of operation are 7:30 a.m. to noon and 12:30 to 3:45 p.m., Mondays through Fridays, excluding holidays. For more information, call 526-8806 or 526-8804.

Briefings

eArmyU — eArmyU program briefings are conducted at the Mountain Post Training and Education Center, building 1117, Tuesdays at 9 and 11:30 a.m. and Wednesdays at 1:30 p.m.

The Army Career and Alumni

Center briefing is required for all depart-

ing servicemembers. The current ACAP policy is to register personnel ETSing one year out and retirees two years out. Briefings are held Mondays, Tuesdays, Thursdays and Fridays from 8:30 to 10 a.m.

Call 526-1002 or 526-0640 to schedule a briefing.

Are you end of time in service? If you're within 120 days of end of time in service, you must immediately call 526-2607 or 526-2599 to make your appointment for your mandatory Reserve Component Briefing.

The Commanding General's

Newcomers' Brief is the third Wednesday of each month, 1 to 3 p.m. at McMahon Theater.

Hours of operation

Education Center hours of operation — The Mountain Post Training and Education Center's hours for certain programs and services are as follows:

Counselor Support Center

Monday through Thursday, 7:30 a.m. to 4:30 p.m. and Friday, 11 a.m. to 4:30 p.m.

Army Learning Center and Basic Skill Classes — Monday through Thursday, 9 a.m. to noon and 1 to 4 p.m.

Defense Activity for Non-Tradition Education Support and Advanced Personnel Testing — Monday through Friday, 7:30 a.m. to 4:30 p.m.

eArmyU Testing — Monday through Thursday, 8 a.m. to 4:30 p.m. and Friday, 8 a.m. through 4:30 p.m.

eArmyU Office — Monday through Thursday 7:30 a.m. to 4:30 p.m. and Friday, 11 a.m. to 4:30 p.m.

Military Occupational Specialty Library — Monday through Friday, 7:30 a.m. to 11:45 a.m. and 12:45 to 4:30 p.m.

Claims Division hours — The Claims Division office hours are Monday through Thursday from 9 to 11:30 a.m. and 1 to 4 p.m. The office is closed Fridays.

Personnel Claims hours:

Mandatory briefing: Mondays and Wednesdays from 10 a.m. to 2 p.m. Submit DD 1840/1840R

Receive documents for filing:

Submitting completed Tuesdays and Thursdays from 9 to 11:30 a.m. Claims: 1 to 4 p.m. Closed on Friday. If there is an emergency personnel claims issue on Friday, call Tina Kolb at 526-1352.

Editor's note: The deadline for submitting "briefs" to the Mountaineer is 5 p.m. Friday before publication.

Dining Schedule

Weekday Dining Facilities

James R. Wolf (building 1444)
3rd ACR CAV House (building 2461)
Mountaineer Inn (building 1369)
10th SFG (A) (building 7481)
3rd BCT Strikers Cafe (building 2061)

Weekday Meal Hours

Breakfast 5:30 to 9 a.m. (All facilities)
7 to 9 a.m. (James R. Wolf)
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m.
5 to 7 p.m. (James R. Wolf)

July 9 to 15

Exceptions

- Patton House is closed until further notice.
- Striker and 43rd ASG are open Saturdays and Sundays.



Saturday, Sunday and Training Holiday Dining Facilities

3rd ACR CAV House. (building 2461)
James R. Wolf (building 1444)
Mountaineer Inn (building 1369)
3rd BCT Strikers Cafe (building 2061)

Saturday, Sunday and Training Holiday Meal Hours

Breakfast 7:30 to 9:30 a.m.
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m. 3 to 5 p.m. (James R. Wolf)

EST

From Page 5

Birdwell, commander of Company D, 1st Squadron, 3rd ACR.

The third scenario is what McGoughey called a "shoot/don't shoot" operation.

"It's a judgmental type training," he said. "It's things like hostages and domestic (disturbances). Most of that is used for military police."

Each unit has the opportunity to use this facility but, McGoughey cautions, training NCOs must sign up in person to secure their time. The training offered at the EST has allowed at least one unit to greatly

improve its marksmanship abilities.

"One unit came in here and practiced two or three times," McGoughey said. "They went out to the range and only one Soldier didn't qualify."

"The feedback that I get from the NCOs is that because they came here and trained, that's the reason (they did so well.)"

McGoughey said the EST opened in January and has seen a steady flow of Soldiers — both active duty and Reserve — use the facility.

"When we had a lot of deployments and mobilizations, we were working up to 18 hours a day," he said.

Hours at the EST have been scaled back, but

McGoughey said he would make every effort to accommodate a unit in its training needs.

"It's a good trainer because they practice zeroing their weapons so when they go to the range it's not a lot of time wasted," he said. "When they come in here they save on ammunition — that's a big saver."

Soldiers noted the relative ease of using the EST versus going to a live-fire range.

"It's accurate, quick training that we can access pretty easily and you don't have to spend a lot of time drawing ammo and going to the range," O'Halloran said.

McGoughey can be reached at 526-9423, for more information about training via the EST.



Soldiers from Company D, 1st Squadron, 3rd Armored Cavalry Regiment, prepare to engage targets at the Engagement Skills Training facility.

Photo by Spc. Zach Mott



Pinning one on ...

Right: Brig. Gen. P.K. Keen, the 7th Infantry Division and Fort Carson assistant division commander, was pinned with the one-star rank Tuesday in a ceremony outside the post headquarters.

Pinning on the rank for him are Maj. Gen. Robert Wilson, right, the 7th ID and Fort Carson commanding general, and Keen's wife Mary Ellen. Keen's oldest son, Ryan, and daughter Marta stand proudly by their father's side.

Above: 1st Lt. Matt Cavanaugh, the commander of Salute Battery, 2nd Squadron, 3rd Armored Cavalry Regiment, presents Brig. Gen. P.K. Keen with the first shell casing from an 11-gun salute honoring Keen's newly promoted rank. Keen has served as the ADC since August. His previous assignments include military group commander in Bogota, Columbia, various positions with the 75th Ranger Regiment, 82nd Airborne Division and 7th Special Forces Group. Keen's initial assignment after being commissioned as an infantry officer in 1974 was with the 7th Infantry Division at Fort Ord, Calif.



Passing the torch ...

Maj. Gen. Robert Wilson, Fort Carson and 7th Infantry Division commanding general, accepts a torch carried in the 1996 Atlanta Olympics Torch Relay July 1 with members of Cub Scout Pack 164 stand by.

The torch will be displayed at the Elkhorn Conference Center for anyone who would like a closer view of the torch. Inscribed on the handle of the torch is the year and location of each of the previous Olympic Games up to Atlanta 1996.



Photo by Spc. Zach Mott

Military marriage: a challenge worth taking

by Pfc. Stephen Kretsinger
Mountaineer staff

Editor's note: This is part one of a two-part series on military marriage.

No one ever said marriage would be easy and if they did, they were lying. Marriage in the military is no different. Though the challenges may seem tougher, the same rules apply.

"I really don't believe that the military is so strange that we've got a separate set of rules that work for us and won't work on the outside or things that work outside won't work for us," said Col. Lowell Moore, command chaplain, Fort Carson. "I think most marriages in the military that are successful would have been successful outside."

Military marriages require the same elements as civilian marriage to be successful, said Moore.

"All the things you can read about, hear about that make a good marriage: Communications, fidelity, trust, all these things still apply, but the execution of them might be a little different in the military."

"I would say the number one issue is when couples think they can't talk to each other or don't communicate well," said Jill Nugin, coordinator, Family Advocacy Program, Army Community Service. "Couples need to be able to talk about things in lots of different ways, openly and honestly. Military men have to be able to communicate with letters, phone and e-mail."

"Patience is the second thing. Patience is extremely important as well, because of all the changes, because of unexpected events. There are a lot of demands on the Soldiers' time," said Nate Nugin, troop and adult education coordinator, Soldier

and Family Readiness Program, Army Community Service.

"There is so much stuff in a military marriage that is out of either partner's control," said Jill. "So to be able to communicate it and then to be patient about things that you don't have control over is very important."

The unknown is a plentiful commodity in military and life and married couples need to be able to take the unknown as it comes and know how to deal with it.

"A lot of times a Soldier doesn't know what's going on from one minute to the next," said Nate. "So if the family or the spouse wants answers right now and the Soldier can't give them answers right now because he doesn't have them, that can certainly add additional stress to a marriage."

Dealing with separation is something that occurs in many marriages but the military family has added stress when it comes to being apart.

"There are a lot of stresses on marriage in general, but from our experience the separation is different in the military. There's a wide range of separation in terms of time, short or long," said Nate.

"Also, when a civilian goes on a business trip to, say, Detroit," said Nate. "It could be a trip where the Soldier goes to Iraq or Bosnia where there's bullets flying and there are mines and bombs. There's a lot more stress caused by the types of separation."

Expectations about what marriage looks like can be a big problem in marriage.

"What you bring to the marriage, where you come from, how your mom and dad were married, how that looked," said Jill. "Military marriages can

be difficult in this sense, because the spouses have to move in and out of different roles they may not be used to. 'If he's gone, I have to do more, but if he comes back, I have to step out.'

Many young families may be away from the home they grew up in and unless they take advantage of the Army community, it could be a lonely experience, said Jill.

"We have families that are away from extended family support," said Jill. "A spouse may not have an aunt, an uncle, a mom or dad there when he leaves to help pick up the slack. We have so many families that are isolated and that are young. They depend on each other to do stuff and then you get that one person away and not anyone else to pick up the slack. That's why FRGs (Family Readiness Groups) and rear detachments are so important, because they sort of fill that void sometimes."

Family members that are new to the military community may not be prepared for anti-military sentiment from the outside world and this can add additional stress to an Army marriage, said Nate.

"Military families deal with the civilian perception of the military as well," said Nate. "People have very strong feelings about the military whether during combat or peace. You have groups outside the military that frown upon the military. Sometimes those feelings are projected upon the family members."

The next issue of the *Mountaineer* will feature part two of this story which will cover divorce in the military, benefits of military marriage and programs offered to military couples to strengthen their relationships.

Community

Guard against West Nile Virus this summer

Mosquito-borne virus prevention and control

To protect yourself from mosquitoes and West Nile Virus:

- Limit outside activity around dawn and dusk when *Culex tarsalis* mosquitoes feed. This is particularly important for elderly adults and small children.
- Wear white or light-colored, long-sleeve shirts, long pants and socks when outdoors, although mosquitoes can bite through clothing if insect repellent is not also applied.
- Apply insect repellent containing DEET, or N,N-diethyl-m-toluamide, when outdoors. For young children, only apply repellent that contains 10 percent or less DEET. Avoid spraying or applying DEET to hands and mouth.
- Make sure screens on doors and windows are tight fitting, and repair any holes or tears.
- Avoid standing water in puddles, wetlands and ditches — it provides an ideal breeding site for mosquitoes.
- Change the water in birdbaths, pools and other containers of standing water at least every two to four days.
- Report dead crows, jays, ravens, magpies and other birds to the Directorate of Environmental Compliance and Management Pest Control Facility at 526-0979 or 526-5141; the Fort Carson Wildlife Office at 576-8074 Monday through Friday between the hours of 7:30 a.m. and 3:30 p.m.; or the Military Police at 526-2333 during nonduty hours, weekends and holidays.

by TriWest Healthcare Alliance

Summer's rising temperatures give Americans opportunities to spend more time outdoors which also means opportunities to expose a lot more skin to hungry mosquitoes.

The Centers for Disease Control and Prevention recorded 9,862 human cases of West Nile virus in 2003 and has already reported 32 this year. Those facts should provide incentive to protect against mosquito bites, which is the way most people get infected with this virus.

As its name implies, the West Nile virus originated in Africa, the Middle East, West Asia and Eastern Europe. Although no one is certain how or when it arrived, the West Nile virus was first identified in the United States in 1999 when 62 cases and seven human deaths were documented.

By 2003, most of the TRICARE Central Region states, including Wyoming, Texas, South and North Dakota, New Mexico, Nebraska, Montana, Missouri, Minnesota, Kansas, Colorado and Arizona, had reported human cases of West Nile. Colorado led the nation with 2,947 reported cases. Arizona, which reported only 13 cases in 2003, is currently leading the national statistics in 2004.

West Nile cannot be transmitted from person to person by casual contact. Mosquito bites are the primary means of infection, though relatively few mosquitoes carry the virus.

About 80 percent of people bitten by infected mosquitoes show no symptoms. Another 20 percent experience mild flu-like symptoms that typically develop within three to 14 days and normally last only a few days. About one out of 150 infected individuals experiences more serious symptoms, including high fever, disorientation, convulsions, vision loss, paralysis, and can develop meningitis (inflammation of the membranes surrounding the brain and spinal cord) or encephalitis (potentially fatal inflammation of the brain). If you or a family member

develops such symptoms, consult your health care provider right away.

There is no specific treatment for West Nile virus. Mild symptoms often disappear without treatment, but a doctor will need to treat the more serious symptoms. Severe infections may require hospitalization with intensive, supportive therapy and the use of intravenous fluids, airway management and respiratory support. Individuals over age 50 are most likely to develop serious West Nile infections and should take special precautions against mosquito bites.

Defend against West Nile infection by reducing your exposure to mosquito bites. Avoid or reduce outdoor activity during the prime hours of mosquito activity—from dusk to dawn—and keep window and door screens in good repair. When working or playing outdoors, take extra precautions. Wear long sleeves, long pants and socks, and protect exposed skin with an insect repellent containing N,N-diethyl-m-toluamide (commonly called DEET). Read and follow the product's application instructions.

Mosquitoes require only a small amount of standing water in which to breed. A puddle in gutters, on a tarp, in an old tire or a stagnant birdbath will serve their purpose. Inspect your property regularly to eliminate these mini-breeding grounds.

West Nile spreads through the mosquito population when the insects feed on infected birds. Though many factors besides West Nile can kill birds, dead birds can be an important indicator of the presence of West Nile and should be reported to local or state health or wildlife authorities.

For more information, contact:

- The Centers for Disease Control and Prevention at www.cdc.gov or (888) 246-2675
- The National Institute of Allergy and Infectious Diseases, National Institutes of Health at www.niaid.nih.gov.
- The American Mosquito Control Association at www.mosquito.org or (732) 544-4645.

AER recognizes those who give a hand

by Pfc. Clint Stein Mountaineer staff

The Fort Carson Army Emergency Relief Campaign held an awards ceremony Monday at the Elkhorn Catering and Conference Center to recognize the members of the nonprofit organization.

The AER's mission is to help Soldiers and their family members who are experiencing financial emergencies. This could be financial assistance for such things as rent, food, utilities, vehicle repair, funerals, medical and lost or stolen pay.

Over the past year in 2003, Fort Carson raised an estimated \$400,000 of financial aid to its Soldiers, retirees and family members. This year Fort Carson has exceeded its goal of \$150,000 by \$23,000, said Fort Carson Garrison Commander Col. Michael Resty Jr. "The AER depends entirely on fund raising," he said. "This is such a great accomplishment."

Although each of the separate sections in the AER met its goals for this year, Joe Gmelch, retired Army Lt. Col. and the Retiree Council Director for

AER, exceeded his section's goal by more than 632 percent. This was more than a third of the total contributions to AER, said Resty. Of the 779 people contacted by Gmelch's section, all 779 of them contributed to the AER campaign.

For their hard work and efforts, Gmelch, along with many others of the Mountain Post community, received various awards from Resty on behalf of Fort Carson.

"I believe it's important that Soldiers give back," said Gmelch. Many Soldiers retire out of the military and sometimes forget what it was like to have that assistance, he said. These people start to prioritize their finances and are glad to contribute to the Soldiers and retirees that need the help, said Gmelch.

A major benefit about the Fort Carson AER is that we are providing for our own here, said Gmelch. "The money we raise is used for Fort Carson Soldiers only." This helps when talking with people around Colorado Springs for contributions because they know



Photo by Pfc. Clint Stein

Col. Michael Resty Jr., U.S. Army Garrison Commander, presents Joe Gmelch, Retiree Council Director for the Army Emergency, Relief Campaign, an award for raising more than six times his sections goal.

where their money is being used and they can see the difference it makes, added Gmelch. "Everyone I talked with that contributed is a retired service-member."

Although Gmelch is a volunteer, he seems proud of what he's able to do. "AER is our job and it takes care of Fort Carson, it takes care of our people."

Community Briefs

Miscellaneous

Guam Liberation — Families and friends of the Island of Guam will celebrate the annual Guam Liberation July 17, at the John Metcalfe Park in Fountain at Fountain Mesa Road and East Ohio, at 11 a.m. This year's event will mark the 60th anniversary of the island's liberation. For more information on the event, contact Chris or Sheila Escalona at 322-0288 or 237-4700 or 237-4701, or e-mail at chrisgc@adelphia.net.

Colorado Division of Wildlife offers active duty special elk hunt — The Colorado Division of Wildlife has provided Fort Carson with 17 additional late season rifle cow elk licenses. This special hunting opportunity is being afforded to Fort Carson assigned active-duty military members only. Interested hunters must complete the necessary application and provide it to the Directorate of Environmental Compliance and Management Wildlife Office no later than Monday. The application selection for the licenses will be done by random drawing July 21.

To obtain an application, log on to the U.S. Fish and Wildlife Web site at <http://mountain-prairie.fws.gov/gmu591/> or stop by the DECAM Wildlife Office. To get to the DECAM Wildlife Office, follow Specker Avenue to Butts Road, drive south 4.4 miles on Butts Road to Route 4, then drive west 3.6 miles on Route 4. At the intersection just after the Olympic Shooting Center and before Womack Reservoir, turn right and drive north to the Wildlife Office, which is open Monday through Friday, from 6:30 a.m. to 3:30 p.m.

Self-help weed control program — Army Regulation 200-5, Pest Management, requires pesticide applicators on military installations to be certified. The Directorate of Environmental Compliance and Management has developed a self-help program that allows military members, after they receive the necessary training, to be issued a pre-mixed Round-Up herbicide to treat weeds in rocky areas around their barracks, service and administrative areas and motor pools.

In order to meet strict regulatory requirements for application of these products, units who wish to participate in the Self-Help Weed Control Program must have their military members trained in the proper handling, transport and application of herbicides. Once an individual has received the required training, the DECAM can issue them pre-mixed herbicides in sprayers or Weed-N-Feed with spreaders for their use.

Training sessions are held every Tuesday from 10 to 11 a.m. through the end of October at building 3711. Each unit may send up to five people for training unless pre-approved for more through the unit commander and DECAM. Sprayers and/or spreaders can be picked up and returned to building 3708 Monday through Friday between the hours of 9 a.m. and noon only.

To find out more about the Self-Help Weed Control Program, call the Pest Control Facility at 526-5141. The Fort Carson housing contractor is responsible for the application of herbicides for weed control in family housing areas. For more information on housing weed control, call the housing contractor at 579-1606.

OSJA closure — The Office of the Staff Judge Advocate will be closed today for organizational day activities. The SJA duty officer can be contacted in emergencies through the Emergency Operations Center or the Military Police. Call Sterling Largin at 526-5361 for more information.

Camp and sports physicals — Evans Army Community Hospital has set aside additional physical slots to meet the high demand. Call soon to get a time that works for you.

School physicals are not a requirement for entry into any local school.

Immunizations will need to be updated for children entering kindergarten and children 11 to 12 years of age.

Peds Immunization Clinic Hours: 7:30 to 11:30 a.m. and 1 to 3:30 p.m. Monday to Friday. Closed after 11:30 a.m. the second Thursday of the month.

- Immunizations are done on a walk-in basis

Call 264-5000 to make an appointment for a physical.

Health and Safety Office closing — The American Red Cross Health and Safety Education Office in room 1801 at Evans Army Community Hospital will be closed for two months. The Health and Safety program is part of the Pikes Peak Chapter in Colorado Springs which is currently undergoing a transition.

If you are a military unit or family member interested in a community CPR/first aid or other health and safety education classes, call the chapter at 632-3563. The new address is: 1040 S. 8th Street in Colorado Springs, across from Motor City.

Youth sponsorship training — Army life means having to leave your home, school and friends to move to a new installation. Youth sponsorship offers you the opportunity to make new friends and help someone adjust to their new home.

Classes are offered one Saturday per month at the Family Connection Center in building 1354 from 2 to 4 p.m. Upcoming classes are July 17, Aug. 21, Sept. 18 and Oct. 16. For more information on youth sponsorship, call 526-1070.

Voting information — For voting information or voting materials, see your unit's Voting Assistance Officer or contact the Fort Carson Voting Assistance Officer at 526-8419. You can also find voting information by going to the Federal Voting Web site at www.fvap.gov or the Fort Carson Web site at www.carson.army.mil, click on links.

Yard Sale — The annual Fort Carson Mayors' yard sales are twice a month on the first and third Saturday of the month between 8 a.m. and 3 p.m.; dates are Saturday, July 17, Aug. 7 and 21, Sept. 4 and 18, Oct. 2 and 16, Nov. 6 and 20 and Dec. 4 and 18.

Both on- and off-post residents can participate. Housing residents can set up yard sales in front of their houses; barracks and off-post residents can set up in the



**Army Community Service
Family Readiness Center**
719-526-4590

Mandatory (70 May 000-0-01)

Sponsorship Training



Relocating is one of the major stressors of Army life, affecting retention and mission readiness. Effective sponsors can minimize issues associated with frequent relocation by providing pre-arrival information.

SIGN UP NOW!

Help newcomers get settled in, feel a sense of belonging, welcome and concern.

Tuesday, July 13, 2P.M.-3P.M.

Family Connection, Bldg. 1354

All sponsors are required to have mandatory training through ACS prior to being assigned as a sponsor. For details or to register, contact the staff at the Family Connection at (719) 526-1070.

Beacon Elementary School parking lot.

All residents and sellers must comply with the following guidelines:

- Residents are responsible for conducting their yard sale.
- Individual occupants are responsible for trash control and removal, which must be completed by 5 p.m. the day of the sale or citations will be issued.
- Commercial organizations and individuals will comply with all regulations related to commercial solicitation.
- All sellers are prohibited from offering for sale items such as drugs, guns, food or anything that does not conform to the rules and regulations of Fort Carson or the state of Colorado.

For more information, contact your village mayor or the mayor program coordinator at 526-1082 or 526-1049.

After school 'power hour' builds homework muscle

Courtesy Fort Carson Youth Center

Children no longer need to be at home alone struggling with their homework.

Boys & Girls Club of Fort Carson received \$5,000 to implement Power Hour. This interactive after-school homework assistance program developed by Boys & Girls Clubs of America for children ages 6 to 18 is based on the premise that youth can learn to view homework as an opportunity to work independently — a practice that will help them successfully complete projects on time, and enable them to feel

positive about their accomplishments.

Boys & Girls Clubs of America responded to concerns from its members' parents, who were seeking help in reinforcing better study habits for their children after school. Power Hour was developed to meet that need, giving members ages 6 to 18 homework support and guidance in an interactive setting.

The JCPenney Afterschool Fund, a nonprofit organization and sponsor of after-school programs, has made Power Hour possible by awarding nearly \$1 million in grants to Boys & Girls Clubs

around the country in 2004.

"Power Hour gives kids homework help from adults qualified and familiar with their studies," said Steve Hanchett, Fort Carson Youth Center manager. "Children are our most valuable resource. They are the future leaders of our country. What better investment can we make in our future than in our children?"

"The JCPenney Afterschool Fund has provided us with the resources we need to create a comprehensive and effective curriculum that positively impacts the way kids process and

respond to their school work," said Boys & Girls Club Education Director Cyndi Koss. "We're responding to both parent and child when we develop programs that are fun with a purpose. It makes all those who are part of the circle of education conscious of the needs of our children."

"Boys & Girls Clubs are a safe place to learn and grow — all while having fun, thanks in part to Power Hour."

For more information about Power Hour, contact Cyndi Koss at the Fort Carson Youth Center at 526-2680.

Rocky Mountain State Games offers discounts to military families, seniors

Courtesy Rocky Mountain State Games

The Colorado Springs Sports Corporation announced that it is offering discounts to military family members and seniors who register to compete in the 2004 Rocky Mountain State Games.

Owned and operated by the Colorado Springs Sports Corporation, the Rocky Mountain State Games is a statewide, multi-sport festival open to all ages and athletic abilities. The Games will begin July 30 — with an official opening ceremony at the U.S. Air Force Academy that evening — and will continue through Aug. 1.

In 2003, the Rocky Mountain State Games attracted nearly 3,200 competitors from more than 85 cities and towns throughout Colorado. This year, the Sports Corp expects 4,500 participants — ages 3 to 83 — to gather in Colorado Springs for three days of friendly competition. The primary venues for the 2004 Rocky Mountain State Games are the U.S. Air Force Academy, Fort Carson and Phil Long Expo Center, with events taking place at numerous other locations throughout Colorado Springs and Monument.

This year's sport program features competition

in 21 sports: 5K Run/Walk, archery, badminton, basketball, billiards, bowling, field hockey, figure skating, foosball, golf, inline hockey, martial arts, racquetball, soccer, softball, swimming, table tennis, tennis, track and field, triathlon and weightlifting.

"The Rocky Mountain State Games has received unbelievable sponsor and community support in the three years the festival has existed," said Rocky Mountain State Games Director, Doug Martin.

"This year, we received grants to specifically help military dependents and seniors and we are very happy to provide significantly reduced entry fees for these participants."

The grants provide a 50 percent entry fee reduction — on a first-come, first-served basis — for both military family members under the age of 18 and seniors 55 and older.

To learn more or find out how to apply for these discounts, go to www.TheSportsCorp.org or contact Brian Schell at the Rocky Mountain State Games office: 634-7333, ext. 1007 or Brian@TheSportsCorp.org.

Events

This year's sport program features:

5K run/walk,
Archery
Badminton
Basketball
Billiards
Bowling
Field hockey
Figure skating
Foosball
Golf
Inline hockey
Martial arts
Racquetball
Soccer
Softball
Swimming
Table tennis
Tennis
Track and field
Triathlon
Weightlifting

EACH making plans to change records pick up

Courtesy Evans Army Community Hospital

Documentation of all medical care will soon be captured electronically on secure systems that would allow health care providers to retrieve a patient's medical history regardless of whether the patient was seen at a military or civilian treatment facility.

That day may not be too far away, but until then medical facilities are still reliant upon a combination of paper records and electronic databases that usually don't interact well with each other.

What this means is that when a patient has been referred to a civilian provider and needs to take a copy of his records to that appointment, he'll need to arrange for a copy to be made at the Military Treatment Facility that main-

tains his records prior to the visit with the civilian health care provider.

Patients are entitled to one free copy but all requests for copies must be made at seven to 14 days prior to the day the patient wants to pick them up because of the large volume of requests received.

Patients can fax a signed request for their records to the Correspondence Office at Evans Army Community Hospital at 526-3776. Call Correspondence at 526-7284 or 526-7322 to arrange for a day to pick up your copy. Patients can also stop by the Correspondence Office located in the admissions section of the hospital to request a copy but keep in mind that, in most cases, patients will have to return in seven to 14 days to pick up the copy. Patients will have to show proof of

identity when they pick them up.

It's also a good idea to maintain a copy of records anyway and a new policy announced by the Office of the Surgeon General makes this even more appropriate. In the near future, Evans Army Community Hospital will no longer allow patients (civilian or military) to hand carry their records regardless of whether it's to get to an appointment at the hospital or to a new duty station when the Soldier and family are reassigned. Evans will mail them to the next duty station instead. Therefore, patients are more likely to want a copy of their records to carry with them. With the large numbers of record requests anticipated, Soldiers and family members should request copies — if they want them — upon receipt of orders (at least 30 days prior to perma-

nent change of station). Based on current timelines, it is expected that by the end of this fiscal year, patients will no longer be allowed to hand carry their records. More information will be provided for patients as EACH implements the surgeon general's new policy.

Finally, outpatient medical records will be retired to the National Personnel Records System in St. Louis if a patient doesn't come in for treatment during a period of two years. While records are retrievable from St. Louis, it can take some time to get them. A patient should keep copies of shot records, especially for school-aged and college-bound children.

For more information, contact the Patient Administration Office, Evans Army Community Hospital at 526-7292.

DOD 'one source' helps servicemembers

by Rudi Williams

American Forces Press Service

WASHINGTON — The Defense Department has established a “one stop” place to go whenever servicemembers or family members need assistance with any kind of problem.

It's called “Military One Source,” and is available 24 hours a day, seven days a week, 365 days a year, according to John M. Molino, deputy undersecretary of defense for military community and family policy.

“Military One Source is a revolutionary augmentation to the family services we currently have on military installations around the world,” Molino explained during an interview with the Pentagon Channel and American Forces Press Service.

Each service had its own One Source program, and now DOD is bringing them together and calling it Military One Source, Molino noted.

He noted that it's intended to complement assistance offered to military families by the services. Molino said Military One Source “leverages technology and enables DOD to provide assistance to families and servicemembers via the Internet or a toll-free telephone number.”

The services include everything from common, everyday difficulties that might face a family to life's most complicated situations, he noted.

Molino said Military One Source is available 24 hours a day around the country and around the world.

“It's a remarkable way to ... step forward into a new generation of providing services,” he said. “It's a place where no matter when that situation occurs, the military family member or servicemember could make a phone call or go on the Internet and begin to

get some help.”

The military services provide a lot of family services on installations, but Molino pointed out that about two-thirds of military families live off base.

“The people who are off the installation tend to be the most junior folks,” he added.

“They may not have the financial resources to have two cars, or to get themselves back and forth to the installations to get those services,” Molino continued. “So what One Source does is provide the opportunity to make that phone call and let us bring the services, literally, figuratively and electronically, to your home.”

When someone calls Military One Source for help, the person answering the phone has at least a master's degree in social work or some kind of counseling service, Molino noted. “That person is trained specifically to deal with military issues — issues that complicate military life. So they're very sensitive to what you ask,” he said.

“Some people think they're the only people who ever experienced whatever their problem is, and, of course, they're not,” Molino emphasized. “Most everyone goes through different phases and different cycles.”

The voice on the other end doesn't make judgments about situations, he noted.

“They're there to listen to what you have to say, evaluate it, and give you the beginnings of an answer or actually the answer to your question,” Molino said.

Military One Source runs the gamut of situations: from needing a plumber in the middle of the night to fix a broken pipe, to needing veterinary service for a sick dog. It also handles things like helping families

new to an area find child-care, or information about the school system, summer jobs — whatever is needed.

“One Source can get all that information and provide it to you in a most efficient manner, whether it be electronically or getting back to you on the telephone,” Molino said.

People shouldn't be afraid or embarrassed to seek help from Military One

Source, he said, but he acknowledged some people may be reluctant to ask for help. “You try to convince people that the person at the other end of the phone isn't going to be judgmental about your situation,” he said.

Word of mouth is the best way to get the word out about Military One Source within a unit, he noted. For example, Molino said, “If I'd made a phone call and had a positive experience, I can tell you about it. I can say, ‘You know, I tried One Source one time, and it worked for me. You ought to give it a shot.’”

“Asking for help isn't a sign of weakness; it's really a sign of being smart — it's a sign of smartness,” Molino said.

What bothers Molino is when people say they don't need help from Military One

Source because of their unit assignment. “I heard that in some units they say, ‘We're in an Army Ranger unit,’ (or) ‘We're in a Navy SEAL unit, and we don't need that kind of support,’” Molino said.

“That's utter nonsense! If the pipe breaks in the middle of the night in the home of a Navy SEAL,



Photo by Spc. Zach Mott

New wheels ...

Sgt. 1st Class Robert Moran, 3rd Armored Cavalry Regiment, stands with the bicycle he won during the raffle for those who participated in the 11th Annual Colorado Springs Bike to Work Day June 23, more than 100 people from the Mountain Post participated in the event. Fort Carson had more cyclists than any other company/organization that participated.

One stop

From Page 14

you need a plumber just as badly as somebody else.”

“When you figure out that this is a great resource that provides help, you ought take advantage of it,” Molino said.

He pointed out when servicemembers are deployed, they can put their minds at ease knowing that if their family needs help, it’s only a phone call away.

Putting himself in that position, Molino said, “I would find it very comfortable to know that my family back home has that option, that service available. And they don’t have to wait for the family center to open. They don’t have to find a way to get to the family center. My wife wouldn’t have to find a way to have the children taken care of.

“We can do things instantly, any time of the day or night,” he continued. “If there’s a language problem, One Source is able to provide services in more than 100 languages, usually in less than a minute’s delay.”

Military One Source also can be helpful to active duty servicemembers. They don’t have to take time off from work or training to solve a problem. All they have to do is call Military One Source, Molino noted.

He emphasized that Military One Source counseling service isn’t mental health counseling, or counseling for an illness that might be burdening somebody.

“We have a health-care system that provides that service,” he noted.

“This is a different kind of counseling. It’s for folks that experience difficulties day

to day. Let’s say a servicemember has been deployed. The family has adjusted to his or her absence. Somebody is walking the dog, taking out the garbage. When he comes back, he has to fit back into the family. Others had performed those roles that he traditionally performed. Sometimes that creates friction.”

All families have some degree of difficulty, and most of them manage to work through the problem. But sometimes they need a little assistance, and one toll-free phone call can get them that kind of counseling, Molino said.

Military One Source also is available to National Guardsmen and reservists being called to active duty for Operations Enduring and Iraqi Freedom.

“We found that it works as well for guardsmen and reservists, especially because they tend not to be close to military installations,” Molino said.

“They can get that kind of support through the armory. The Guard and Reserve components initially went in a different direction with a different provider.

“Then they realized that One Source actually was the gold standard, and they shifted over after about six months.”

The toll-free numbers for Military One Source are:

From the United States: (800) 342-9647.

From outside the United States (where available): (800) 342-9647.

International collect: (484) 530-5747.

Related Site:

Military One Source www.militaryone-source.com.

Let freedom ring ...

America supports new freedoms

Commentary by Chap. (Capt.) Kevin Mateer

10th Special Forces Group

These are historical days we live in. Recent events underscore the values we fight for and cherish. June 29, we officially observed the transfer of power from the coalition forces to an Iraqi provisional government. This event is significant because it represents an American value of supporting a new birth of freedom.

In history, the control of power by an occupying force has not always been turned back to the occupied nation. In the case of the Soviet Union they failed to relinquish their part of occupied Germany and the rest of Eastern Europe 50 plus years ago.

Recently we mourned the death of President Ronald Reagan who demon-

strated these values by telling Mikhail Gorbachev to tear down the wall and restore legitimate power to certain European nations. President Reagan's tough stand against the Soviet Union garnered him the reputation by his opposition party of pursuing a "rogue

foreign policy" but in the end Reagan's vision and determination to confront evil led to the fall of the Berlin wall. At Reagan's funeral Lech Walesa credited Reagan's resolve, in standing up against communism, to inspiring him to persevere in opposing the Soviet Union and seeing Poland realize its independence.

Last week we celebrated our own country's

Independence Day. Fifty-six of our founding fathers pledged and then gave their lives, their property and sacred honor for freedom in America. Today, service men and women continue this

***"Proclaim
liberty
throughout the
land to all its
inhabitants."***

Leviticus 25:10



tradition to defend our own freedom and serve in OIF and OEF fighting alongside those hoping to realize their own countries' freedom. Thomas Paine, in his pamphlet Common Sense, stated, "America shall make a stand not just for herself but for the world."

The unit I serve with, 10th SFG(A), stated motto is "liberate the oppressed." This motto was taken from Isaiah 61:3

which Jesus Christ stated as his mandate to the world. Today, when we fight for the oppressed we embrace the values on which America was founded.

In our nation's first capitol, Philadelphia, you can still read the inscription on the bell hung in our first government building. "Proclaim liberty throughout the land to all its inhabitants." Leviticus 25:10

Chapel

Fort Carson Vacation Bible School — Lava Lava Island flowed with God's love. More than 280 children and hard-working volunteers shared in the joy of the 2004 Vacation Bible School at Soldiers' Memorial Chapel, June 14 to 18. Each morning was filled with music, games, crafts and lessons about Jesus. The Sing and Play Bay (also known as the chapel sanctuary) contained a smoking, flashing volcano created by the "light and magic" of Chap. (Maj.) Duane Kincaid.

Protestant Adult Sunday School Classes — are offered each Sunday at 9:30 a.m. at Soldiers' Memorial Chapel, 1500 (Next to the post exchange).

Native American Services — The He Ska Akicita Inipi is located on Fort Carson. All native and non-native people, military personnel, family members and Defense Department personnel are welcome. Anyone interested in attending and praying in this manner can contact Michael Dunning at 382-5331, (c) 330-9537, or (e-mail) micheal.dunning@carson.army.mil, or Charles Erwin at (h) 382-8177, (e-mail) erwin106@juno.com, or Zoe Goodblanket at 442-0929 for information and directions.

Chapel Schedule				ROMAN CATHOLIC		Location		Contact Person
Day	Time	Service	Chapel	Location				
M-W-F	noon	Mass	Healer	Evans Army Hospital				Fr. Battisto/649-5260
Tues., Wed., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez				Chap. Patton/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez				Chap. Patton/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman				Chap. Patton/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez				Chap. Patton/526-5769
Sunday	10:45 a.m.	CRE	Soldiers'	Nelson & Martinez				Pat Treacy/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital				Fr. Battisto/649-5260
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis				Chap. Patton/526-5769
Tuesday	6:30 p.m.	RCIA	Soldiers'	Nelson & Martinez				Pat Treacy/526-5744
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez				Chap. Patton/526-5769
PROTESTANT								
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital				Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis				Chap. Borden/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez				Chap. Kennedy/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman				Chap. Bowman/526-5513
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman				Chap. Bowman/526-5513
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez				Dr. Schreck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez				Chap. Kennedy/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus				Chap. Ellison/526-8890
Sunday	6 p.m.	PYOC	Soldiers'	Nelson & Martinez				Chap. Kennedy/526-8011
Friday	noon	Prayer	Soldiers'	Nelson & Martinez				Ms. Schreck/524-1166
Sunday	10:45 a.m.	Lutheran	Provider	Barkeley & Ellis				Chap. Lloyd/526-3888

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

JEWISH				WICCA			
Monday	6:30 p.m.		Family University	Building 1161			Melissa Dalugdu/330-7873
MORMON				NATIVE AMERICAN SWEATLODGE			
Sunday	2 p.m.	LDS	Provider	Barkeley & Ellis			Chap. Jones/526-3718

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

Daily Bible readings: In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Friday — Psalms 35 & 2 Samuel 22-24

Saturday — Psalms 36 & 1 Kings 1-2

Sunday — Psalms 37 & 1 Kings 3-6

Monday — Psalms 38 & 1 Kings 7-8

Tuesday — Psalms 39 & 1 Kings 9-11

Wednesday — Psalms 40 & 1 Kings 12-14

Thursday — Psalms 41 & 1 Kings 15-17

The Army Cycle Of Prayer — Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer.

You are invited to join the chaplain community and pray for these individuals and organizations.

Pray this week for the following:

Unit: For the Soldiers and leaders of the U.S. Army Reserve 94th Reserve Readiness Command, headquartered at Fort Devens, Mass.

Army: For the Soldiers, non-commissioned officers and officers of the Signal Corps. Pray that God will bless this branch in its essential support mission to the Army worldwide.

State: For all the Soldiers and families from the state of Massachusetts. Pray also for Gov. Mitt Romney, the state legislators, and local officials of the "Bay State."

Nation: For the Secretary of Commerce Don Evans. Pray for this agency in its daily weather forecasting and facilitating the development of technology in the workplace and at home.

Religious: For the Salvation Army and this faith-based organization that provides for people's needs in our nation and around the world.

For more information on the Army Cycle of Prayer visit the cycle's Web site at www.usarmychaplain.com.



Commemorating the signing of the Declaration of Independence for America 228 years ago, Fort Carson provides a fireworks show at Ironhorse Park.



After a few minutes of touring the air-filled castle, Courtney Sharp, 6, takes a flying leap as she exits down the castle's slide.

Story and photos by Pfc. Clint Stein
Mountaineer staff

The July 4th celebration at Ironhorse Park Sunday was an event for people of all ages and a great way for the Mountain Post to commemorate our nation's 228th birthday.

Early in the day it looked as though it was going to be a damp and dreary day in the park, but shortly after the festivities began the skies cleared for what turned out to be a near perfect atmosphere for the "Glory Days" celebration.

Hundreds of people came out to Ironhorse Park to participate in the many free activities available for their families and friends. There was a section dedicated to catering to children. There were volunteers available to do face paintings as well as an area for the young children to do a little painting and drawing for themselves. One volunteer who was putting her artistic touches on the faces of young people was Mary Ann Cooper who said she's been doing it for years.

"This is so much fun, the only challenge is getting the children to

hold still," Cooper said with a smile.

If the children wanted something a little more physical, there was also a giant, bouncy castle for them to play in.

"This seems to be one of the more popular activities for the kids," said Arthur Butler, a volunteer working at the castle. It's important to keep the children happy and entertained, added Butler.

Other activities for the children and youths were horseback rides, play sumo suits for sumo wrestling and giant tricycle races.

The entertainment was plentiful for the adults as well. There was live music throughout most of the celebration. As families cooked on outdoor grills and waited for the fireworks show to begin, the sounds of rock and roll music rang throughout the park.

It was first-come, first-served though for the prime picnic locations inside the park area, but that didn't detour others from bringing their own grills.

For the people who didn't bring their own food or snacks, there was plenty available at the west side of the park. There was a barbecue stand

that was selling "Texas-style" brisket sandwiches and another booth selling beverages and small snacks.

As the sweet aroma of funnel cake filled the night air, patrons waited patiently for the first blast of fireworks to fill the dark sky.

Finally, after a day filled with activities and excitement, it was time for a night of relaxation and a show.

After the initial blast of fireworks, everyone's attention was directed to the east skies. For about 30 minutes adults and children were in awe over the colorful explosions that lit up a part of Fort Carson. As people gazed into the night, translated by the different shapes and forms the fireworks made, patriotic tunes from Bruce Springsteen filled their ears. The fireworks seemed to display a choreographed routine as the music from other artists played over the loud speakers.

"These are the best fireworks I've seen in a long time," said one mesmerized viewer.

After the grand finale, people clapped and cheered in appreciation for not only the excellent light display, but for the independence of America.

Glory Days!!!

July Fourth celebration at Ironhorse Park



Ramona Jones, 6, holds still while she gets her face painted by Mary Ann Cooper working the children's area during the Glory Days celebration.



A friendly sibling rivalry of pugil battles between brother and sister becomes too exhausting for either to finish the bout. Baellae Hoops, 8, in red and Michael Hoops, 11, in blue decide to call it a tie after several minutes of swinging the giant pugil pads.



Out & About

July 9 - 16, 2004

Proudly Brought to You by Your Fort Carson Directorate of Community Activities, Bldg. 1217 Specker Ave. 719-526-3161
Visit us at www.ftcarsonmwr.com

INTRODUCING

ITR Adventure Tours



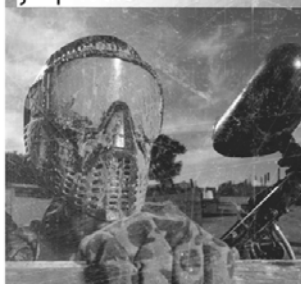
August 28

jeep tours



July 31, August 21

skydiving



July 15, July 23, August 12

paintball



July 18, August 15

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customized trips & dates available

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TURKEY CREEK RECREATION AREA

TRAIL RIDES, PICNICS,
CAMPING & MUCH MORE!



FOR INFO, CALL **526-3905**

BASIC WOOD JOINTERY

Friday, July 23

3 pm - 6 pm

\$10.00 (pre-register fee)

For info, call 526-0070

**School Transitions:
The Essential Ingredients**
Parent Workshop for K - 12th Grade
as part of the
6th Annual MCEC National Conference



July 21, 2004

at the Antlers Adams Mark
(downtown Colorado Springs
4 South Cascade)
7:30 a.m. to 10:30 a.m.
Cost is \$25 (incl. breakfast)

Learn More About:

- Being the new kid - every three years
- Emotional issues
- Credit/Transcript transfers
- What to take to the next school
- Education issues
- State testing

"Military children move through approximately 6 to 9 schools from kindergarten through the 12th grade."

Contact MCEC at (254) 953-1923 or
Register online at www.militarychild.org



July 24th & 25th

Fort Carson Golf Club

FORT CARSON, COLORADO

You are invited to participate in this year's Golf Club Championship.

2004 Fort Carson Golf Club

Championship

July 24 - 25

Tee times begin at 8 am

An entry fee of \$30.00 includes: Food & Prizes for both days

Green Fees are an additional cost

Use of Golf Cart is optional

Open to the Army Family

For more information, please contact the Fort Carson Golf Club Pro-Shop at 526-4122



Visitors to the realm of the Middle Ages village of Larkspurshire are greeted by townspeople at the entrance.

The Colorado Renaissance Festival a 'medieval' realm filled with merriment, ye olde fun

**Story and photos
by Nel Lampe**
Mountaineer staff

Once upon a time, in the realm of Larkspurshire, a festival was born. For 28 years, millions of visitors have been transported back in time to the 16th century for a day of merrymaking at a medieval faire in merry olde England. And it's your turn to be transported back in time. The ticket can be purchased at the ticket seller's window just outside the village; bring your shillings and pence. Drive your 21st century car to the parking lot at the outskirts of the village and be transported 500 years into the past by crossing the threshold into the realm which comes to life for eight weekends each summer. The Colorado Renaissance Festival is open Saturdays and Sundays through Aug. 1,



so hurry forth.

The 350-acre wooded site at Larkspur is a great place to spend a fun-filled and educational day, immersed in medieval history. Festival goers learn about royalty, knights and peasants; they learn about culture, pageantry and language. They watch artisans and craftsmen create jewelry, pottery, leather works and glass, using 500-year old methods. Visitors will see entertainers, costumes and skills reminiscent of the Middle Ages. They'll interact with the hundreds of interpretive actors inhabiting the village and they'll have a great time doing it.

And don't forget the food, fit for a king or hungry festival goer. There is definitely something for everyone in this kingdom. Hands-on Medieval-style steaks on a stake, huge turkey legs, pork chop on a stick or sausages on a stick require no



Puke and Snot entertain audiences with their snappy repertoire and swashbuckling.

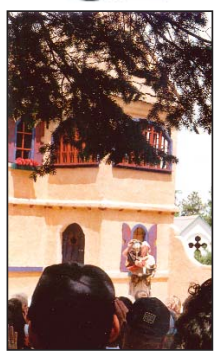
forks and appeal to many merrymakers. More traditional fest foods are available, such as baked potatoes, corn on the cob, pizza, burritos, bread sticks, lasagna, yakatori chicken, egg rolls, artichokes, salads, gyros, crab cakes, fajitas, fish and chips, meatball sandwiches or wrap, jalapeno poppers, cheese pie and barbecued pork. Napkins and forks are available.

Freshly baked goods include hot cinnamon rolls, sticky buns, cookies, cakes, pies, croissants, éclairs, cream puffs and apple dumplings; dessert choices are chocolate-covered bananas, ice cream sandwiches, banana crepes, baklava and funnel cakes.

Drinks include adult beverages, soft drinks, iced tea, lemonade, spring water, sarsaparilla, apple cider, milk, herbal teas, iced coffee, hot chocolate,



A Middle Ages-style minstrel group sings for visitors to the Renaissance Festival at Larkspurshire.



Places to see in the Pikes Peak area.
July 9, 2004

Renaissance

From Page 23

fruit smoothies, gourmet coffees as well as latte and cappuccino drinks.

The sight and smells of roasting meats and foods will make your mouth water and the steep paths visitors maneuver while making the rounds of the villages help work up an appetite.

Prices are reasonable for the food items: \$4 for a turkey leg, \$4.50 for a steak on a stake, \$2.50 for nachos or a pizza slice, for example. Cold bottled water is \$2 throughout the park.

Vendors sell giant pretzels throughout the village.

The festival mappe shows food vendors locations as well as the seven open-air stages, the joust arena, the petting farm, four Automated Transaction Machines, restrooms, elephant rides, DaVinci's ride, ship swing, rocking horse ride, maze, dragon's swing, camel ride, and climbing wall. Not easily found on the map, the dungeon museum is next to the climbing wall, near the Pirate Ship Stage.

Many visitors to the Colorado Renaissance Festival get into the spirit of the Middle Ages fest and wear a costume. If you have a musketeer's or jester's hat, a kilt or suit of chain mail, this is the time to wear it. Knights in shining armor, princesses, wenches, archers, swashbucklers, maidens, beggars, noblemen, fairies, gypsies, belly dancers, rogues, friars and minstrels wander through the village. If you don't have a costume at the ready, you can rent one at the costumer's shop, just outside the village entrance.

Stage shows are included in admission. Pick up a renaissance map at the entrance to find the stages, shows and times.

Appearing on one of the seven stages are Hypnotist Rick Stratton, Renaissance Vaudeville, Iris and Rose, Siler and Clerc, The Muses, Ded Bob, Barto, Fool Hearty, Brother Paul West, Siler and Clarc, Whirly Jig Minstrels, sword-swallower

Thom Sellectomy, Throw up Comedy/Juggling, Washing Well Wenches, and last but certainly not least, the team of Puke and Snot. Theaters are open-air, with bench seating, shaded and unshaded.

Try to catch as many shows as you can. Shows that are "pretty naughty" are marked "PN." Parents can read that as "R" rated.

One of the most popular acts is "Puke and Snot," rated PN, appearing on the Pirate Ship Stage at 11 a.m., 12:30, 2, 3:30 and 4:30 p.m. Thom Sellectomy swallows swords at 11 a.m., noon, 2, 3 and 4 p.m. on Globe Stage. Ded Bob, also rated PN, is on the Castle Rose Stage at 11 a.m., 12:30, 2 and 4 p.m. Iris and Rose, also known as Wild and Thorny, present a pretty naughty show at noon, 1:30, 3, 4 and 5 p.m. in the Pirate's Pub. The other stage shows are appropriate for any audience; catch as many shows as you can.

The show everyone should see is the combat jousting in the joust arena at the east end of the village. The Tournament of Skill is at 11:30 a.m., the Tournament of Arms is at 2:30 p.m. and the Trial by Combat is at 5:30 p.m. Spectators cheer their favorite knight.

Visitors pay extra to try their hand at games of skill, such as archery, king of the log, Jacob's Ladder, Sliding Horse, Knife Throw, Dart Toss, Climbing Wall and Vegetable Vengeance.

Upcoming themes for the remaining four weekends are "Wine Revelry" Saturday and Sunday, Italian Carnival July 17 and 18, Scottish and Irish Festival July 24 and 25, and "Fare Thee Well," July 31 and Aug. 1.

The Renaissance Festival is a good place for a family reunion, unit party or wedding. Special menus are available for large groups in a reserved area. Call (303) 688-6010 to make group arrangements.

Take Interstate 25 north to the Larkspur Exit, number 172, between Colorado Springs and Castle Rock. It's about 45 miles.

No outside food is allowed. Ample parking is free; free ongoing shuttle buses transport visitors from the parking lot to the village entrance and return.

Get an early start and stay as long as you can. The Renaissance Festival needs to be savored and enjoyed. The village is open 10 a.m.



The 1 p.m. royal procession through the village is followed by performers and other townspeople.

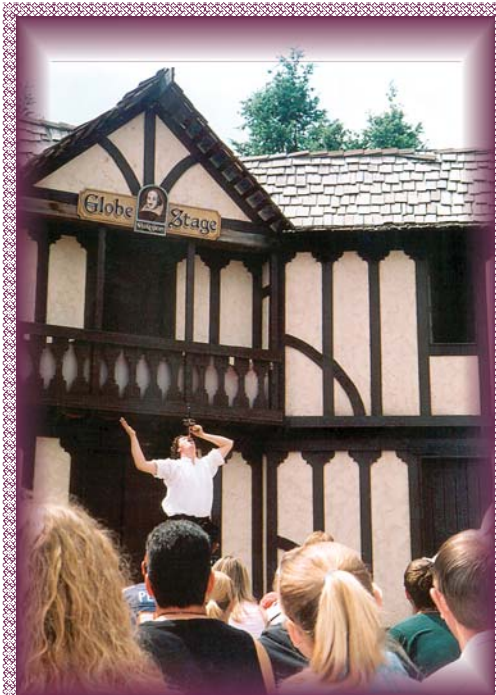


The knights compete in several events before the royal family at the Renaissance Festival.

until 6:30 p.m., Saturdays and Sundays, through Aug. 1. Admission is \$15.95 for adults and \$8 for children under 12. Go ye forth and have a good tyme.

Just the Facts

- **Travel time** almost an hour
- **For ages** all
- **Type** Renaissance Festival
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage** \$\$\$ (plus food)
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - \$\$\$ = \$41 to \$60
 - \$\$\$\$ = \$61 to \$80
 - (Based on a family of four)



Thom Sellectomy demonstrates the art of sword swallowing on the Globe Stage at the Renaissance Festival.

Happenings



Military appreciation

JoyRides Family Fun Center appreciates military with free all day wristbands for servicemembers with military identification through Sunday. Family members can purchase a wristband for half-price. JoyRides is at 5150 Edison Ave., east of Academy just off Platte Avenue east.

Air show

"In their Honor" Air Show is Saturday and Sunday at the old Colorado Springs Airport, east of Powers Boulevard on Fountain Boulevard, from 9 a.m. to 5 p.m. Vintage aircraft are featured as well as current and experimental aircraft and jet cars. Tickets for the show are \$10 for adults, \$5 for ages 6 to 11 and free for those under 6. There's a \$2 discount for military with identification. Parking is \$3 per car.

Renaissance Festival

The Renaissance Festival runs weekends through Aug. 1, Saturdays and Sundays. Admission is \$15.95 for adults, \$8 for children. Take Exit 172 off Interstate 25 north to the fest at Larkspur.

Street breakfast

The annual Rodeo Street Breakfast is set for July 21 in downtown Colorado Springs.

Pancakes cooked and served up by Soldiers is part of the annual event, kicking off the Pikes Peak or Bust Rodeo. Wooden dollar tickets are available at Information, Tickets and Registration for \$4; \$5 at the site.

Melodramas

"The Thief of Frisco" is presented through the summer by the Cripple Creek Players in the Butte Theater in Cripple Creek. Shows are Wednesday to Saturday at 8 p.m.; 2 p.m. on some days. Call (719) 689-2513 for reservations. Tickets start at \$6.50.

"Run to the Roundhouse, Nellie" is at the Iron Springs Chateau through Sept. 30, Tuesdays, Wednesdays and weekends. Tickets are \$24 for dinner and a show, and \$18 for the show only. Call 685-5104 for reservations. The Iron Springs Chateau is at 444 Ruxton Ave. in Manitou Springs.

Broadway in Colorado Springs

Season tickets are on sale for the new season, which includes "Fiddler on the Roof," Oct. 20 and 21; "The Full Monty," March 15 and 16, "Defending the Caveman," April 8 and 9; "42nd Street," May 8 and 9. An optional show is Hal Holbrook in "Mark Twain Tonight!" The shows are in the Pikes Peak Center; call 520-SHOW.

Theater

Neil Simon's "Come Blow Your Horn" is at the CastAways Dinner PlayHouse, 107 Manitou Ave. Dinner and show is \$33, call 685-3700.

Colorado State Fair

The Colorado State Fair runs Aug. 21 to

Sept. 5. Concert tickets are on sale at the State Fair Box Office and Ticketmaster, 520-9090, for Stacie Orrico, Chris Cagle, Chris LeDoux, ZZ Top, Dierks Bentley, Trick Pony, Brad Paisley, REO Speedwagon, Olivia Newton-John and Clay Aiken. Tickets are \$13 to \$33.

Fine Arts theater season

The Fine Arts Center repertory theater has scheduled its new season. "A Funny Thing Happened on the Way to the Forum" is Oct. 1 to 14; followed by "Nun-crackers: The Nonsense Christmas Musical," Nov. 19 to Dec. 12. "Cabaret" is set for Feb. 4 to 27, followed by "Singin' in the Rain" April 29 through May 22. Call the box office at 634-5583 for tickets.

Air Force Academy concerts

The Academy Concert season is now on sale. Emerson Drive is Sept. 17, Paul Rodriguez is Sept. 18, Capitol Steps is Oct. 9. In 2005, "Crazy for You" is Jan. 22, Steel Magnolias is Feb. 25, Broadway Rhythm is March 5, "Da Noise, Da Funk" is March 12, "Contact" is March 30 and "Passing Zone" is April 23. Call 333-4497 for information about season tickets.

New Exhibit at Pioneers Museum

The Rare Lands Exhibition is at the Pioneers Museum through Aug. 19. This exhibit, organized by the Smithsonian, shows National Parks through the work of photographer Stan Jorstad. Colorado Springs Pioneers Museum is at 215 S. Tejon St., and admission is free.



Photo by Nel Lampe

In Their Honor ...

The annual "In Their Honor" Air Show Saturday and Sunday is at the old Colorado Springs Airport from 9 a.m. to 5 p.m. The air show includes vintage and current aircraft as well as static displays. Entrance is \$10 for adults, \$8 for military, \$5 for children ages 6 to 11, and \$3 per vehicle for parking. The air show is at the old airport, east of Powers Boulevard on Fountain Boulevard. There'll be vendors, but bring your own chair.



Program Schedule for Fort Carson cable Channel 10, today to July 16.

Army Newswatch: stories on Army One Source, presence patrol in Iraq and 2004 Drill Sgt. Of the Year. Airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: stories on the Navy's "Diversity Initiative," the USS Enterprise and the USS Firebolt. Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: stories on Operation Iraqi Freedom. Airs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

The Mountain Post Community Town Meeting, held monthly, airs at 9 a.m. and 5:30 p.m.

Foreign language programming courtesy of SCOLA is on

Channel 9, unless there is a training videotape showing.

To show a training video, please contact the Training Support Team at 526-5111. SCOLA programming schedule can be found at <http://www.scola.org>.

The Pentagon Channel will soon be airing on Channel 9.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Chief of Command Information at 526-1241 or via e-mail at CommandInfo@carson.army.mil.

Program times will be published in the *Mountaineer* provided coordination is made one week prior to publication.

For additions to the Community Calendar, please submit an email to the above address, send a clean, typewritten copy of the information to the Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913 or fax information to 526-1021, no later than the Friday before the desired airing time.

Sports & Leisure



Photo by Walt Johnson

Fort Carson's Tony Claiborne poses during the middleweight division competition at the recent 2004 Twinlab National Physique Committee Colorado State Bodybuilding, Fitness and Figure Championships and Colorado State Novice Bodybuilding and Novice Figure Championships.

Claiborne takes confidence to new fitness achievement

by Walt Johnson
Mountaineer staff

Fort Carson's power lifting champion Tony Claiborne decided he was going to compete in the 2004 Twinlab National Physique Committee Colorado State Bodybuilding, Fitness and Figure Championships and Colorado State Novice Bodybuilding and Novice Figure Championships because he wanted to test his ability to compete at body building.

Claiborne is the undisputed power lifting champion on post. He decided to test the cold waters of bodybuilding competition, hoping for some warm results.

"I wanted to branch out and do something other than power lifting. This was the third time I competed in a competition like this. I didn't place well the last two times because I just had a lack of knowledge on things like proper nutrition, dieting down and water intake," Claiborne said.

"This time was different because of the conditioning I went through to get ready for the competition. I have to credit my partner in crime (Ann Horn) and a champion in his own right, Marcus Dungen, ("he spent some time in the Dungen school of training," Dungen said) for helping me get ready to compete at such a high level," Claiborne said.

Claiborne said power lifters are a misunderstood group at times and this was a great way to show how multi-faceted power lifters can be.

"People have this image of power lifters as these big bulky guys. I wanted to break down the way people think about power lifters and show that you can do well at both sports," Claiborne said.

"I always give 120 percent on any effort I pursue, otherwise there is no sense in doing it. I have a very positive attitude. I said to myself three days before the competition that I was going to rent a hotel room in Denver, put my trophies in the room with me and get a pizza and gaze at those beautiful trophies," Claiborne said.

When it actually came to pass that Claiborne won the three categories, middleweight open, novice open and overall novice championships, Claiborne was able to enjoy the fruits of his victory just as he planned while leaving a message for future events.

"I was on cloud nine after the competition but it really took a couple of days to really sink in. I wanted to have a high impact on the show and have people ask who is this guy and where has he been and where is he going to be next," Claiborne said. Mission accomplished.

Intramural Softball Standings

(as of July 5)

Co-Ed

	Wins	Losses
USA MEDDAC	4	0
59th MP Co.	3	2
59th Quartermaster	2	2
5025th MP Co.	2	2
66th Military Intel.	4	3
571st Med Co.	2	3

Eastern League

HHC, 3rd BCT	6	0
59th Quartermaster	5	1
I Troop, 3-3 ACR	5	2
1-8 Infantry	8	2
Support, 4-3 ACR	2	3
5025th GSU	1	2
HHT, 3-3 ACR.	1	3
43rd CEC, 2-3 ACR	1	3
Svc, 3-29 FA	1	5
360th Trans	0	4
13th ASOS	0	5

Northern League

HHC, 7th ID/HHC USAG	3	0
L Troop, 3-3 ACR	4	1
C Co., 2-122 MP	5	2
HSC, 2-10 SFG (A)	4	3
HHC, 1-68th Armor	3	3
C Co., 4th Engineers	3	4
HHB, 3-29 FA	2	3
HHT, 4-3 ACR	2	3
HHD, 68th CSB	2	5
G3-HHC, 7th ID	1	5
HHC, 43rd ASG	1	4

Southern League

HWB, 3-3 ACR	6	0
USA MEDDAC Men 1	7	1
HSC 52nd Engineer Bn.	5	1
534th Signal	4	3
K Troop, 3-3 ACR	3	2
D Co., 1-3 ACR	3	2
C Battery, 3-29 FA Bn	2	4
HWB, 2-3 ACR	2	2
64th Maintenance FSB	0	4
A Battery, 3-29 FA Bn	1	3
HHC, 1-12 Infantry	0	8

Western League

ADA, 1-3 ACR	4	0
B Co., 64th FSB	2	1
B Co., 1-12 Inf	2	1
A Co., 52nd ECB (H)	4	2
60th Ordnance Co.	4	2
C Battery, 1-44 ADA	3	2
C Co., 1-12 Infantry	4	3
478th PSB	32	3
A Co., 1-12 Infantry	2	5
A Co., 4th Engineer Bn	2	5
Maint, 1-12 Infantry	0	6

On the Bench

Post boxing team prepares for trials

by Walt Johnson
Mountaineer staff

For all the Soldiers who have returned from overseas duty, thank you for what you did, what you do and what you continue to do for your country.

Lavell Sims wants people to know the post is trying to do something very special for boxing fans.

Sims said the post will put on a boxing show Aug. 26 at the Special Events Center, the goal is to get fighters good enough to be members of the post boxing team.

"We would like to have a roster of 16 to 20 people. We want to encourage all people at Fort Carson who have a desire to be a boxer, want to learn how to be a boxer, or are just curious about how they would do at boxing to come out to join us," Lavell Sims, head boxing coach said.

The team currently does road work each day from 6:30 to 7:30 a.m. The team does strength and conditioning training from noon to 1 p.m. and technical training, to include sparring, from 3 to 4:30 p.m. Even if a person doesn't make the team or isn't interested in making the team, Sims said there is another value from participating with the team.

"You may not want to be a boxer after we go through the camp, but I guarantee you your physical training scores will go up after working out with us," Sims said.

All Soldiers who want to try out for the post team will be given a waiver from their unit for the duration of the camp.

Anyone interested in more information should con-



Photo by Walt Johnson

Members of the post club boxing team take time out from practice outside the Special Events Center on post. The post is trying to put together a boxing team. Call 524-1163 for more information.

tact Sims at (720) 988-5254, Christina Vasquez at 494-9057 or Bill Reed at 524-1163.

The post had a number of people turn out for the July Fourth Commanding General's Fun Run at the Special Events Center.

According to Becky Rudder, Directorate of

Community Activities, this was a good run with good results and high level award presentations.

"We had 71 10K runners competing for awards in their age/gender categories. In the 5K, there were 47



Courtesy photo

I'm your uncle ...

Quannell Stinnie, third from left, won a medal and a \$15 Morale, Welfare and Recreation Bucks card for being named the most patriotic runner at the commanding general's July Fourth Fun Run at the post Special Events Center

Bench

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runners and in the children's run there were 20 runners. We were so pleased that the awards were presented to the participants by Maj. Gen Robert Wilson (7th Infantry Division and Fort Carson commanding general) and Col. Michael Resty (Garrison commander)," Rudder said.

Medals were presented to the winners, with MWR Bucks going to the overall winners and a trophy to the team winner. Children received medals, ribbons and balloons.

The winners were: 19 and under — Male 1st Place Kyle Bell; 2nd Place Ben Zywieki; 3rd Place Jose Napoles. **20 to 29 — Female:** 1st Place Katherine McMaster.

20 to 29 — Male: 1st Place Cesar Garcia; 2nd Place Todd Allison; 3rd Place Prentice Brown. **20 to 29 — Female:** 1st Place Sarah Parks; 2nd Place Bonnie Imperiale; 3rd Place Claudia Lopez.

30 to 39 — Male: 1st Place Robert Westermeyer; 2nd Place Robert Skinner; 3rd Place Elliot Ritchey. **30 to 39 — Female:** 1st Place Angie Holbrook; 2nd Place Bridget Minihane; 3rd Place Melony Arnold.

40 and above — Male: 1st Place Ronald Dean; 2nd Place John McKenzie; 3rd Place Brian Lein. **40 and above Female:** 1st Place Theresa Lever; 2nd Place Linda Repass; 3rd Place Scarlett Haridson.

Team:

1st Place — Trophy G" Staff Girls Sarah Parks, Theresa Lever, Bonnie Imperiale, Angie Holbrook

Overall fastest male runner: Won a medal and \$15 MWR Bucks: Ronald Dean.

Overall fastest female runner: Won a medal and \$15 MWR Buck: Sarah Parks.

Oldest runner: Won a medal and \$15 MWR Buck: John Modell.

Youngest runner: Won a medal and \$15 MWR Buck: Ben Zywieki.

Largest family running: Won a medal and \$30 MWR Buck: Col.Brian Lein and family (Brian, Terry, Kristin, Matthew, Sean)

Most patriotic runner: Won a medal and \$15 MWR Buck: Quannell Stinnie (3) dressed as Uncle Sam. (See picture at left.)

The Fort Carson Aces men's softball team will be playing in four high impact tournaments in July.

The Aces will play Saturday at the Skyview Sports Complex in Colorado Springs in the Miken Tournament; July 17 hosting the Fort Carson Summer Classic at the Mountain Post Sports Complex; July 24 in the Independent Softball Association tournament at Skyview Softball Complex and July 31 in the ISA State Games also at the Skyview Sports Complex.

There will be a meeting for the intramural flag football season July 28 at the Special Events Center. Call Joe Lujan at 526-6630 for more details.

Carson members help Army team take gold



Photo by Walt Johnson

Fort Carson's Corey Stewart, left, and Robert Nieto, display the gold medals they won at this year's interservice championship.

by Walt Johnson
Mountaineer staff

Editor's note: This is the second in a two-part article on two of Fort Carson's people who helped the Army capture the gold medal at this year's interservice championships.

When the all-Army basketball team left Colorado Springs for Charleston, S.C., for the interservice championships, the team felt it could do something special after a month of living together and bonding as a unit.

Something special could have been regaining the gold medal for the Army at the championship. Something really special was not only winning the gold medal but doing it with a perfect record.

The bonding process was not easy nor was it meant to be, under all-Army Head Basketball Coach Babe Kwasniak's plan.

Kwasniak knew he inherited a team that was going to be young and hadn't played together at this level. So, from the very beginning of training camp he started enforcing his team first concept on the players.

"From the beginning of the training camp, Coach K (Kwasniak) made us believe this team would be good enough to win the gold medal. Every time we played an exhibition game I felt the team got better," all-Army Assistant Coach and Fort Carson's Robert Nieto said.

"Once these guys learned how to play within themselves I thought as a team they could be as good as any Army team we've ever had. Coach K would always tell the team they may

not have been the most talented team the Army ever had, but it was hard to find another team that played with as much heart as this team did," Nieto said.

Building the heart and character of this team meant going through some extreme training procedures. One of the practices was a three-hour getting to know you session where the players could share their innermost feelings.

The all-Army team had early practices, late practices and a memorable bonding trip up Pikes Peak that taught the team a lot about what it could withstand in the face of adversity. The hike would hurt the players bodies and minds at the time but serve as a motivator for the team during the tournament.

"Of all our experiences during the training camp, the one I will not forget is Pikes Peak," said Fort Carson's Corey Stewart. "Pikes Peak will always be in my memory. If I live to be 90 I will not forget Pikes Peak. My teammates and I really learned a lot about how much we could do even under adverse situations," Stewart added.

That is because the hike up Pikes Peak showed the team what it could do when it was not in its comfort zone and showed the players how tough it would be to win the championship, according to Nieto. When the team arrived in Charleston and began playing the interservice games, Pikes Peak and the other bonding experiences weren't needed

Champs

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in the first three games. The Army team won the games by 23 (against Navy), 20 (against the Marines) and 12 (against Air Force) points respectively.

Just when it looked like the team would not need any of the bonding and toughness lessons it learned at training camp the second game against the Navy was played and the team found out its training was not in vain.

As the all-Army team got ready to play the Navy for the second time in the team's fourth game it had to do so short-handed. Team captain Craig Marcelin hurt his ankle in the tournament's first game and was unavailable. Additionally Lucas Lecour, Eric Draper and A.C. Calloway were still battling the effects of food poisoning they had from the first night of the tournament.

"When all those guys went down it seemed to bring our team to a higher level," Nieto said. "The second game with each of the services was tougher than the first time because everyone knew everyone by that time, and they did different things to defense us better. We had to rotate who we were going to go to during the game and when the team shut down Draper, we went to Lecour, when they shut down Lecour we went to Spider (Eloi Perry) and he was a monster down low," Nieto said.

But as good as they were it would take the efforts of Stewart to help pull out this game. With the all-Army team in a personnel shortage because of illness first and then because of foul

trouble during the game, Stewart had to come off the bench to play what Nieto called "the most important five minutes of the tournament for us. Corey came in and got a lot of key rebounds and some very important points for us. Corey grabbed some key rebounds and made some very important free throws when we needed them to help us win the game. He also made a nice shot in the middle when no one expected him to be aggressive on offense. The points Corey scored seemed to be the thing that turned the momentum back to our side. His toughness and perseverance showed every body we were not going to fold because of our foul trouble or anything else."

"When I came into the game my mind was on doing whatever it took to help my team succeed," Stewart said.

"When I came into the game we were down by a few points and Navy was building some momentum. When you're playing a

team that has its confidence up, it can get tough to win the game. I knew I had to step up and play solid defense, rebounding and not let my man score points. Additionally, I knew I had to concentrate on help side defense. My mindset was defense, defense and defense. I figured it was getting down to who wanted the game more,"

Stewart said.

"I was thinking about how much we did to get ourselves in a position to win the gold medal. We went through a lot together as far as conditioning and getting mentally ready to play the tournament. I especially remembered how it felt when we climbed up Pikes Peak and how much we were hurting from the hike. How we did all the suicide

drills and how we had worked so hard to get to that point. I said to myself no team worked harder than the U.S. Army team and I wasn't about to let this get away from us," Stewart said.

Stewart and his teammates went on to win that game and the next two games to win the interservice title. Afterward, Nieto and Stewart said this will be one to remember.

"All those early mornings and late evenings paid off for us. I was so proud

because this was one of the best moments in my sports career. No matter what individual awards I get from this point on, this will always be something very special to me," Stewart said.

"This gold medal will be with us for the rest of our lives. It's like your first born child. You love them all but this is your first," Nieto said.

"Corey gave us the most important five minutes of the tournament for us. Corey came in and got a lot of key rebounds and some very important points for us. Corey grabbed some key rebounds and made some very important free throws when we needed them to help us win the game."

Robert Nieto
all-Army assistant basketball coach
